

CLAIMS

1. An exercise trainer to provide exercise movement to a user comprising:

a first crank arm and a second crank arm oriented at an angular distance from the other;

a first foot link connected to said first crank arm and a second foot link connected to said second crank arm;

foot pedals supported on said foot links for relative movement with respect to said foot links;

a bearing support for said foot links at a point removed from said first and second crank arms to which said first and second foot links are supported for sliding reciprocating movement;

a connection between a grounded point and said foot pedals interconnected with said foot links to provide relative movement as to the ground of said foot pedals at least twice the length of each respective crank arm; and,

a seat mounted on said trainer to provide for a user sitting on said trainer and placing the user's feet

on said foot pedals for exercise movement.

2. The exercise trainer as claimed in Claim 1 further comprising:

said connection is of a length to provide a movement of said foot pedals in the outline of a modified ellipse.

3. The exercise trainer as claimed in Claim 1 further comprising:

said connection provides movement of said foot pedals of at least twice the crank length upon 90° of movement of the crank arm and at least four times the distance upon 180° of movement of the crank arm.

4. The exercise trainer as claimed in Claim 1 wherein:

said connection comprises a flexible member connected to said foot link by one or more pulleys around which said flexible member is placed at a point removed from the foot pedal.

5. The exercise trainer as claimed in Claim 1 further comprising:

said first and second crank arms being connected to a

motor for driving said crank arms at a given speed.

6. The exercise trainer as claimed in Claim 5 further comprising:

a controller which limits the speed of said motor to provide a load beyond said speed to the crank arms and connected foot pedals.

7. The exercise trainer as claimed in Claim 5 further comprising

a motor and control for raising and lowering said seat with respect to said foot pedals.

8. An exercise trainer with a leg movement multiplier and a seat comprising:

a base;

first and second crank arms rotationally supported angularly apart on said base;

first and second foot links connected respectively to said first and second crank arms at one end and supported for sliding movement distally from said crank arms;

1 first and second foot pedals respectively supported
2 for longitudinal movement on said first and second
3 foot links;

4
5 a connection between said foot pedals and a ground
6 connection on said base and interconnected with said
7 foot links so that said foot links when moved in
8 supported relationship with said crank arms provide
9 for a degenerated elliptical movement of said foot
10 pedals with respect to ground greater than twice the
11 length of its respective crank arm; and,

12
13 a seat mounted on said base having a height
14 adjustment with respect to the foot pedals.

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16 9. The exercise trainer as claimed in Claim 8 further
17 comprising:

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19 said connection being a flexible member supported on
20 a pulley to the rearward of said foot pedal and a
21 pulley forward of said foot pedal.

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23 10. The exercise trainer as claimed in Claim 8 wherein:

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25 said crank arms are connected to a motor for
26 providing rotational movement of said crank arms.

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28 11. The exercise trainer as claimed in Claim 10 further

comprising:

a motor controller for controlling the speed of said motor for positive drive of said pedals and alternatively providing a load on said pedals.

12. An exercise trainer comprising:

a base;

a first and second crank arm angularly apart from each other mounted on said base;

a motor connected to said crank arms for driving said crank arms;

first and second foot links respectively connected to said first and second crank arms;

a bearing surface mounted on said base removed from said connection of said foot links to said crank arms providing reciprocal movement of said foot links;

a foot pedal mounted on each of said foot links having a bearing surface which engages said foot links for reciprocal movement with respect to said foot links;

1 a linkage between said foot pedals and said foot
2 links;

3
4 a securement for securing said linkage to a fixed
5 portion on said base to provide relative movement of
6 said foot pedals with respect to ground greater than
7 twice the length of a crank arm, and in a degenerated
8 elliptical path; and,

9
10 a seat mounted for movement by a motor up and down
11 with respect to said foot pedals in order to raise
12 and lower a user with respect to said foot pedals.

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14 13. The exercise trainer as claimed in Claim 12 further
15 comprising:

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17 said mechanical linkage comprising a flexible member
18 connected to said foot pedal and to said foot link;
19 and,

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21 a controller for controlling the speed of said motor
22 connected to said crank arms and the elevation of
23 said seat.

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25 14. The exercise trainer as claimed in Claim 12 further
26 comprising:

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28 a rotational mounting for said seat for causing said

1 seat to turn on its mounting toward the side of said
 2 trainer.

3
 4 15.

An exercise trainer comprising:

5
 6 a first and second foot link connected and supported
 7 for opposing reciprocal movement;

8
 9 a support for said foot links providing a bearing
 10 surface for reciprocal movement and support so as to
 11 allow said foot links to reciprocate;

12
 13 a first foot pedal mounted on said first foot link
 14 and a second foot pedal mounted on said second foot
 15 link;

16
 17 a connecting member connected between said foot link
 18 and said foot pedal;

19
 20 a ground connection connected to said connecting
 21 member to assist movement of said foot pedals on said
 22 foot link in a modified elliptical path;

23
 24 a seat mounted on said exerciser for raised and
 25 lowered placement with respect to said pedals; and,

26
 27 a motor for driving said foot pedals.
 28

1 16. The exercise trainer as claimed in Claim 15 further
2 comprising:

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4 a controller for controlling the movement of said
5 motor to provide a drive or a retarding movement of
6 said foot pedals with respect to a user's movements.

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8 17. The exercise trainer as claimed in Claim 15 further
9 comprising:

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11 a motor connected to said seat having a linkage to
12 raise and lower said seat; and,

13
14 a controller for controlling said motor to raise and
15 lower said seat to a desired height.

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17 18. The exercise trainer as claimed in Claim 15 further
18 comprising:

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20 a controller which sets the speed of said motor to
21 provide a given speed of said pedals under positive
22 drive and a retarding force when a user exceeds the
23 given speed.

24
25 19. An exercise trainer having a seat comprising:

26
27 a first and second crank arm having a common axis
28 supported on a frame with a base, said first and

1 second crank arm being angularly displaced from each
2 other;

3
4 a first foot link and a second foot link respectively
5 supported on said first crank arm and said second
6 crank arm;

7
8 a support for supporting said foot links removed from
9 said first and second crank arm supports for
10 reciprocal movement as said cranks are turned;

11
12 a first foot pedal on said first foot link and a
13 second foot pedal on said second foot link supported
14 for reciprocal movement on said foot link;

15
16 a linkage between said foot pedal and said foot link
17 and a fixed portion of said frame to provide
18 reciprocal movement of said foot pedals through a
19 degenerated ellipse having its major axis greater
20 than the length of the crank arm to which it is
21 supported;

22
23 a seat mounted on said exercise trainer having an
24 adjustable seat mounting for moving said seat as to
25 its distance with respect to said first and second
26 foot pedals; and,

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28 a motor connected to said seat for adjusting the

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distance of said seat with respect to said pedals.

20. The exercise trainer as claimed in Claim 19 further comprising:

said linkage being formed as a flexible member wrapped at either end around a pulley and connected to said foot link.

21. The exercise trainer as claimed in Claim 20 further comprising:

a controller for controlling the height of said seat.

22. The exercise trainer as claimed in Claim 19 further comprising:

a motor connected to said crank arms; and,

a controller for controlling the speed of said motor.

23. The exercise trainer as claimed in Claim 22 further comprising:

said controller having a control for controlling the speed of said motor at a setpoint to supplement or retard movement by a user.

24. An exercise trainer having a seat comprising:

a first crank arm and a second crank arm angularly offset from each other connected to a motor for rotational movement;

a first foot link connected to said first crank arm and a second foot link connected to said second crank arm;

a first foot receiving member and a second foot receiving member respectively connected for movement on said first foot link and said second foot link;

a linkage between said first foot link and said foot receiving member interconnecting them, a linkage between said second foot link and said foot receiving member, both of said linkages connected to a ground point so that said foot links when reciprocated cause said foot receiving members to reciprocally move on said foot links in relative displacement with respect to said ground; and,

a controller for controlling the speed of said motor and the attendant speed of said crank arms.

25. The exerciser as claimed in Claim 24 further comprising:

1 said controller having a circuit for setting the
2 speed of said motor at a given speed of movement for
3 a user, and which can retard the movement of a user
4 above a set speed and supplements the movement of a
5 user below the set speed.

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7 26. The exercise trainer as claimed in Claim 25 wherein:

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9 the controls for said motor and the seat height are
10 on a panel of said exerciser.

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12 27. The exercise trainer as claimed in Claim 26 wherein:

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14 said seat is mounted for pivoting on its axis to the
15 side of said trainer.
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